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OTTAWA

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Tuesday, January 31, 2012
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News worth sharing.

‘Uncle, was I bad?’

- Boy with Down syndrome left shaken after family was refused extra space to accommodate his fear of crowds
- Boston Pizza manager no longer working at restaurant after verbal confrontation with boy's family



JOE LOFARO
@METRONEWS.CA

A manager at the Hunt Club Road Boston Pizza is no longer working at the family restaurant following an incident Sunday night with an Ottawa family and a 10-year-old boy who has Down syndrome.

Perry Schwartz, director of communications for Boston Pizza International, says the manager isn't working there anymore. He says the manager and franchisee reached a mutual agreement to part ways following the incident.

"It's an unfortunate, very isolated event. I don't think it was handled as well as it could have been handled, but we're doing everything we can to make up for that," Schwartz said.

Elaine Bolduc says she was with her grandson, Tyler Bolduc, and five other relatives, ready to order their drinks. Tyler gets nervous around large groups of people, she says, so they usually let him sit alone or with a relative at a nearby table.

Bolduc says Tyler sat with his aunt, Julie Anne Bolduc-Cousineau, in a booth while the rest of the fam-



► Elaine Bolduc, right, doesn't plan on going back to the Boston Pizza on Hunt Club Road after her grandson, Tyler, and daughter, Julie, left, were told by a manager to either move to the back of the restaurant or leave.

ily sat at an adjacent booth. When their server saw the seating arrangement, the manager approached and told Tyler and Julie

they had to sit in the back or leave because the pair couldn't take up a table intended to seat a family. Tyler's aunt replied, "But we are

a family," recalls Bolduc.

According to Bolduc, there were plenty of empty seats in the restaurant. But despite this, she says the

"It hurt. It made me feel like he wasn't a human, like he didn't belong in that restaurant."

ELAINE BOLDUC,
TYLER'S GRANDMOTHER

manager repeated herself and told them they had to either sit at the back or leave.

"Well then you tell (Tyler) that," Julie responded, according to Bolduc.


That's when Bolduc says the family left the restaurant.

Bolduc said Tyler heard the whole conversation and was shaken.

"When we were in the car going home, he asked my son-in-law, 'Uncle, was I bad?'" said Bolduc. "It broke our hearts and my daughter started crying."

Bolduc says they dined at a nearby Denny's after the incident and servers accommodated their seating arrangement without any problems.

"We're a really open-door restaurant, so it's concerning to us that they had a negative experience," said Schwartz.



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Missing husband of CTV anchor found dead

Police said Monday night Greg Etue, husband of CTV Ottawa's Carol Anne Meehan, had been found dead near Killaloe, Ont. Foul play was not suspected.

Etue, 56, had been missing since Jan. 16 when he left home in the family van.

CBC reported Etue had multiple sclerosis and had been battling cancer for

the past two years.

CTV news reported the OPP Ontario police said they found the 2008 Pontiac Montana on High Crest Lane in Brudenell around 12:30 p.m. Monday.

"This was an extremely sad story that everybody hoped would turn out very differently," said Richard Gray, vice-president and general manager of CTV

Ottawa said in an online news report.

"Carol Anne and her family is absolutely devastated as they were continuing to hope that her husband Greg would return home safe and sound." ● METRO



For more local news visit metronews.ca/Ottawa



CONTRIBUTED

Former mayor regrets tweet

► O'Brien uses racial slur in tweet about the Latino community

After watching Mayor Jim Watson unveil his official portrait at city hall Monday evening, former Ottawa mayor Larry O'Brien told reporters that he regrets using a derogatory term for Hispanic people in a Twitter post and said it was "ill-thought through."

On Thursday, O'Brien live-tweeted part of the CNN broadcast of the Republican presidential candidates debate including one posing that said "#cnndebate The spics are getting way to much airtime!"

The tweet with the racial slur sparked controversy in Ottawa after Ottawa Citizen columnist David Reevely blogged about it Friday.

O'Brien also tweeted during the broadcast "Why is the Jewish community not more involved in this debate? The Islam community want to destroy Israel! #cnndebate."

The post about too much airtime has been removed from his profile and O'Brien said he should have explained his analysis of the debate better. He said Monday night he was expressing his concern members of the Latino community weren't asking the right questions.

"I believe that the Latino community was asking (about) too many parochial issues when I think the 2012 presidential debate is going to be the most significant election in this century," said O'Brien. "Did I choose a completely inappropriate word? Absolutely. Was it intentional? No."

O'Brien said the controversy would have been "terrible" if he was still involved in politics, and as a private citizen he is able to explain his mistakes and correct them.

● JOE LOFARO



► Former Ottawa mayor Larry O'Brien poses next to his official portrait that was unveiled in city hall Monday evening.

JOE LOFARO/METRO

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news



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10/14

Artist's Rendering

City to consider all-day outdoor smoking ban

► Board of Health goes beyond councillor's initial request in recommending 24-hour outdoor smoking ban on bar patios, city property



► Brother and sister Lucie and Denis Charron finish up lunch on a Sparks Street patio in September. They disagree with each other on whether or not the city should include outdoor areas, such as beaches, parks and patios, in anti-smoking bylaws. Denis, a smoker, disagrees with tougher bylaws and Lucie, a non-smoker, supports them.



JESSICA SMITH
@METRONEWS.CA

The Ottawa Board of Health will consider an all-day ban on smoking outdoors on city properties and bar and restaurant patios at a special meeting next Monday.

The Board of Health will have a report before it then that recommends banning smoking on bar and restaurant patios and all municipal properties

— including parks, playgrounds, beaches, sports fields, fruit and vegetable markets and outdoor areas around city buildings.

The report comes after Coun. Stephen Blais asked the Board of Health to consider such a ban — but one that would only be in effect before 8 p.m.

"I proposed the 8 p.m. (version of the ban) as kind of a starting point in the conversation to be pragmatic," said Blais, adding he was keeping

the interests of bar and restaurant owners in mind.

After Ottawa Public Health consulted with bar owners and the public, the city found there is support for a 24-hour ban as long as it is enforced uniformly, said Blais.

"I think the changes are pragmatic and balanced to make sure that Ottawa remains one of the safest places to live and raise a family," he said.

If council is to give the recommendations final approval, the ban must first be approved by the Board of Health and the Community and Protective Services Committee. "Everything should be in place before the patio season starts in April," Blais said.

Blais said he expects some smokers to oppose the plan.

"You're never going to please everyone with every decision you make."

Fifth water main break this month slows traffic

A water main broke on Bank Street early Monday morning, bringing traffic down to one lane in each direction near Billings Bridge.

Bank Street was down to one lane between Kilborn Avenue and Riverside Drive.

Traffic was backed up once again in the area during the evening rush hour, according to Taylor Harmer, who tweeted Monday evening, "Bank Street heading south is backed up like crazy because of an incident around Riverside! Take alternate route! #Ot-



► Workers fix a water main break on Bank Street on Monday.

tawa #OttCity #traffic."

The break is at least the fifth in the city this month, following two breaks on Elgin Street, one on Queen Street and one on Woodroffe Avenue.

● JESSICA SMITH

OTTAWA-CARLETON DISTRICT

Teacher loses her licence for sex with students

The Ontario College of Teachers revoked the licence and qualifications of an Ottawa teacher in September for inappropriate sexual relationships with students at a local high school between 2000 and 2005.

Joanne Marie Sylvie Léger-Legault did not contest facts in a decision published by the College.

The decision, which relied on work by Ottawa Police Services, outlined "inappropriate relationships" with four male students.

Léger-Legault had "intimate sexual relationships" with two of the students, named "B" and "D," in the decision, while they were students at the school. With students "B" and "C," she had email exchanges of "inappropriate personal nature," it said.

Student "A" was in Léger-Legault's classes between 2001 and 2004 and confided in her about his personal situation and difficulties at home and met her in the classroom, at coffee shops and in her car. While he was a student, she kissed him on the lips, the decision said.

Léger-Legault was first charged with professional misconduct in 2008 but the hearings were delayed.

● JESSICA SMITH

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Girl-style bullying vs. boy-style bullying



► Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

► The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
OTTAWA@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet



Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)



Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They

are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring,"

Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.



What's more hurtful — social alienation or physical bullying? Tweet us @metroottawa

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt

The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester

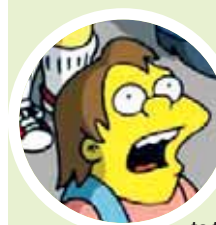
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchmen exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.



Nelson Muntz

Haw-hawing since 1990



Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell

Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.



MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

TRAGEDY

RCMP
probe
deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not suspect foul play.

The bodies of the children, their parents and a

male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Firefighters called to the scene first entered the house using breathing apparatus, but later deemed it safe to go in without the equipment.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Climate change
drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own.

A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are already emitting more greenhouse gases than they absorb.

THE CANADIAN PRESS

Global warming

The findings are bad news for those counting on forests to suck more carbon out of the atmosphere through growth than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

More killer
whales in
Nunavut

Researchers say melting Arctic sea ice is enticing more killer whales to Nunavut waters where they are competing with Inuit hunters for food and threatening to replace polar bears as the North's top predators. THE CANADIAN PRESS

Boy left on
school bus
for 7 hours

A school bus driver has been suspended indefinitely after a boy, 4, was left on a bus for nearly seven hours. The child was found in Lac La Biche, Alta., last Thursday suffering from slight hypothermia and dehydration. THE CANADIAN PRESS

Harper takes off his
blue sweater vest

► Conservatives take tough stance as MPs head back to House of Commons

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act, changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.



SEAN KILPATRICK/THE CANADIAN PRESS

► People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough, transformative budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy — and perhaps a reopened federal spending spigot come 2014 — will be enough to win over voters angered by this year's

tough medicine.

Deep cuts will rattle the public service and affect some government service delivery, but it is Harper's promise to tackle Old Age Security that is raising the most ire. THE CANADIAN PRESS

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS



► John Baird

Baird kicks off visit to Israel

Canada firmly backs the call by Israel's prime minister for the Palestinians to resume peace talks without conditions.

Foreign Affairs Minister John Baird threw Canada's support behind Israeli Prime Minister Benjamin Netanyahu in a major

speech Monday in Jerusalem — one day after Netanyahu and Palestinian President Mahmoud Abbas publicly blamed each other for stalled peace efforts.

Baird took that message to the Palestinian territories later Monday where he met with Abbas. Baird

urged the Palestinian leader to make peace, recognize Israel and return to the negotiating table.

For months, Israel and the Palestinians have been holding exploratory talks mediated by Jordan to find a framework for formal negotiations. THE CANADIAN PRESS

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Afghan woman killed for bearing a girl: Police

► Cops say husband strangled his wife ► Women's rights in Afghanistan a concern as NATO withdraws

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than a son, police said Monday.

It was the latest in a series of grisly examples of subjugation of women that have made Afghan headlines in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery.

In the 10 years since the ouster of the Taliban, great strides have been made for women in Afghanistan, with many attending school, working in offices and even marching in protests. But abuse and re-

Gender bias

- Boy babies are traditionally prized much more highly than girls in Afghanistan
- A son means a breadwinner and a daughter is seen as a drain on the family until she is married off.
- Even so, a murder over the gender of a baby would be rare and shocking if proved true.

pression are still common.

The man in the latest case, Sher Mohammad, fled the Khanabad district in Kunduz province last week, about the time a neighbour found his 22-year-old wife dead in their house, said district police Chief Sufi Habibullah. Medical examiners said she had been

strangled, Habibullah said.

The woman, named Estorai, had warned family members that her husband had repeatedly reproached her and threatened to kill her for giving birth to a daughter, said provincial women's affairs chief Nadira Ghya. Estorai gave birth to her second daughter between two and three months ago, Ghya said.

Police took the man's mother into custody because she appears to have collaborated in a plot to kill her daughter-in-law, Habibullah said. Ghya, who visited the mother in prison, said that she swears that Estorai committed suicide by hanging. Police said they found no evidence of hanging from the woman's wounds. **THE ASSOCIATED PRESS**

Fight. Back



► A riot police officer fires tear gas toward Bahraini anti-government protesters, unseen, during clashes in Sitra, Bahrain, on Monday.

HASAN JAMALI/THE ASSOCIATED PRESS

Youth death sparks riot police clash

Clashes erupted after a mourning procession marking three days since the death of a youth in police custody.

UBC stands by animal testing

The University of British Columbia defended its use of animal testing Monday, claiming a majority of more

than 200,000 animals were used in basic science projects that cause less than minor or short-term stress. The information is part of a public report to the Canadian Council on Animal Care

to make UBC more "open and accountable." The university reinforced that animal research is strictly controlled and all projects go through strict ethics reviews. **KENDRA WONG**

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Carleton University, every Tuesday at 4:00pm in the Atrium.
University of Ottawa, every Thursday at 6:00pm at Cafe Alt.

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Tech firms battle phishing

► Many of the biggest companies already using new DMARC system

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authenticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to

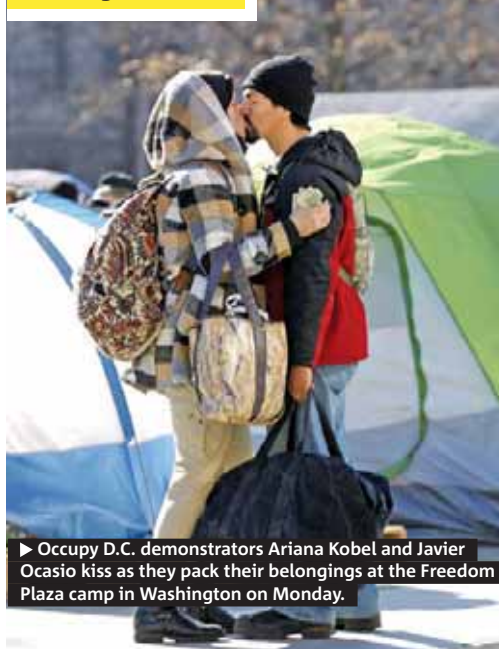
15%

According to Google, about 15 per cent of non-spam messages in Gmail come from domains that are protected by DMARC.

combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system asks email senders and the companies that provide email services to share information about the email messages they send and receive. **THE ASSOCIATED PRESS**

Washington. Protest



► Occupy D.C. demonstrators Ariana Kobel and Javier Ocasio kiss as they pack their belongings at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Occupy D.C. faces farewell

U.S. Park Police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months over economic inequality and other issues.

Canada will avoid housing crash: BMO

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.





The analysis by BMO economists suggests alarms about Canada's housing market by international observers, from the International Monetary Fund to The Economist magazine, are exaggerated or simplistic. "The main takeaway is

that the national housing market appears somewhat pricey, but is far removed from a bubble," said economists Sherry Cooper and Sal Guatieri in the report released Monday.

Even Toronto's hot condo market — one of the subjects of many of the warnings — is more likely to cool rather than collapse, BMO said, noting that a sharp decline in construction for rental units is stimulating demand for condos.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	\$2.71 US (- 4¢ US) Gold contracts \$1,731 US (- \$1.20 US)

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Target Canada seeking independent pharmacists

Target Canada will look for independent pharmacists to own and operate pharmacies in its stores under a franchise model when it opens its doors next year, the U.S. discount retailer said.

The model provides pharmacists with an opportunity to grow a business "with no entry fees and the support of a national retailer," president Tony Fisher said in state-

ment Monday.

The Minnesota-based retailer will increase competition with Canadian pharmacy chains such as Jean Coutu and Shoppers Drug Mart, which are also trying to lure independent pharmacists.

Target, which is trying to make its first move outside the U.S., said its model was designed for the Canadian market.

THE CANADIAN PRESS

Expansion in the works for Ottawa burger chain

An Ottawa-based hamburger chain is looking to open 50 new restaurants across Canada over the next five years.

The Works Gourmet Burger Bistro currently has 11 locations across Ontario including seven restaurants in the Ottawa area.

Chief executive Andy O'Brien says the company hopes to expand with a mix of franchise and cor-

porate-owned locations across Canada.

In the past year, The Works has expanded in Ottawa and opened new restaurants in the Ontario cities of London, Kingston, Guelph and Oakville.

The company also has three additional sites currently under construction in Toronto, Waterloo and Peterborough.

THE CANADIAN PRESS

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TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

JESSICA NAPIER
METRO



early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquy Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like *My Super Sweet Sixteen* and *Teen Mom* to be equal parts horrific train wreck and totally engrossing must-see TV.

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like *De-grassi* (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

From *Harry Potter* to *Twilight* to *Gossip Girl*, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The *Hunger Games*, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

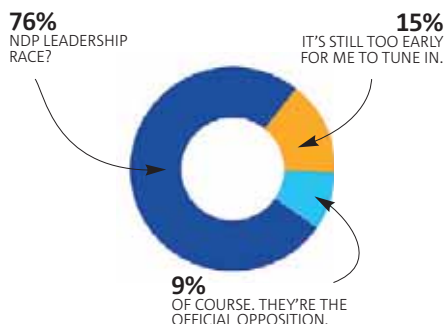
I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.



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and take the quick poll

Have you been following the NDP leadership race?



Local tweets



- ▶ **@doctorfullerton:** The younger generation is going to be saddled with billions in infrastructure costs, health care costs and pension it can't afford. #onpoli
- ▶ **@steveaustin1971:** @pmharper feels that your ISP should share all your browsing habits with government with no warrant or even investigation.
- ▶ **@Klrochon:** Sang baby to sleep with "somewhere" from west side story. Mad musical skillz yo. #word
- ▶ **@Crazy Composer:** Was editing a piece, then reworking it ... reworking some more - then, I took it out back & shot it with a 12-gauge. Felt good too. Deleted.
- ▶ **@laurabeaulne:** @Nicki_Doyle You play the bassoon too? Renaissance woman!

Daily Zoom



Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY.

Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. ● MWN

1.5

metres per second — the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- ▶ **Umihotaru, Tokyo:** This rest/parking area is an artificial island that joins a bridge and tunnel.
- ▶ **Michigan Theater, Detroit:** Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- ▶ **Parkeringsbåt, Gothenburg, Sweden:** Floating parking boat dips below waterline when full.

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2
sceneScience fiction
or fact?The Great
Digital Film
Festival

For more information on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

► Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality



Scene in brief



ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's *The Visitors* album. The album, including a new track *From a Twinkling Star* to a *Passing Angel*, is the first official new release by the Swedish group in 18 years.

THE ASSOCIATED PRESS



Journey to Oscars begins at the theatre for Canadian makers of *Monsieur Lazhar*.



The Terminator (1984)

In 1984, James Cameron's *The Terminator* terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).



Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in *Back to the Future*, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!



RoboCop (1987)

Set in the near future, 1987's *RoboCop* features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.



Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.



Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomCom-Zom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.



Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship *Serenity* as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.



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U2: From the Sky Down

Genre: Documentary
Director: Davis Guggenheim
Stars: Bono, The Edge, Adam Clayton

Davis Guggenheim's TIFF-opening doc is not strictly a history of this legendary Irish rock band, although much is packed into 90 minutes.

The film instead concentrates on lessons learned during the difficult Berlin studio birth of 1991's Achtung Baby, U2's seventh album, made when group members Bono, The Edge, Adam Clayton and Larry Mullen, Jr. thought it might prove to be their last.

Disillusioned with stadium tours that had paradoxically

diminished their music, and disgusted with the rock idols they'd become — "We'd become the enemy," Bono ruefully recalls — they were uncertain how to step into the 1990s, a time when pop was splintering into factions of rap, dance and metal (and grunge was about to hit).

Guggenheim shows us



Boys creator Mike Clattenburg, who directs and co-writes, but it's exactly the right approach for a topic of this gravity.

Nick Stahl is the title Luke, a crusading Canuck journalist bent on exposing alleged Afghan War atrocities by Canadian soldiers, even if it kills him.

More Jarhead than Apocalypse Now in its anti-war sentiments, in that muddled intentions are to blame more than malevolence, but the futility of war is powerfully expressed.

● PETER HOWELL

Breakaway

Genre: Comedy
Director: Robert Lieberman
Stars: Vinay Virmani, Russell Peters, Anupam Kher

A hockey star whose dad is upset that his son doesn't aspire to be a trucker? An all-Sikh team that can't hit the ice because the players won't swap their turbans for helmets? Cue the canned laughter.

Breakaway is a comedy, but it reflects the colors of Canada's fast-changing social mosaic, at least outside of the NHL. Visit a suburban GTA rink and you'll see that minor-league hockey is no longer exclusively "a white man's game," despite a character lament. That's about as far as it goes for valuable insights in this pleasant timewaster, which has a good cast but a not-so-good script.

Newcomer Vinay Virmani gets partial praise for the former and a slap for the latter: he plays the likeable lead striver, but he's also responsible for a tired screenplay that shamelessly steals from Bend It Like Beckham. The film even has Beckham's Anupam Kher in the same role of the parental culture cop.

● PETER HOWELL

**Afghan Luke**

Genre: Drama
Director: Mike Clattenburg
Stars: Nick Stahl, Stephen Lobo, Ali Liebert

Afghan Luke is a bright and bold Canadian film about war, but it's neither complete farce — there are darkly comic moments — nor earnest flag-waver.

It's not at all what you'd expect from Trailer Park

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From dating George Clooney to Steve-O?

► Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES



► Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equiva-

lent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

● MONICA WEYMOUTH



► Steve-O

There's no Googling mom and dad in Brangelina house

Brad Pitt admits that he and Angelina Jolie have had to put some interesting parental controls on their children's web activity.

For instance, the Jolie-Pitt kids can't Google their famous parents.

"On all the kids' computers we had our names blocked," Pitt tells Germany's Bild.

"They can't Google their mom and dad. I don't want to make myself dependent on what other people think."

And Pitt is hoping he and Jolie can lead by example, as they're not very interested in checking up on what folks online are saying either.

"We don't even notice all the noise," he says.

● METRO



► Brad Pitt and Angelina Jolie.

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► Demi Moore

Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers

present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz them in from here?"

There's been no confirmation that Rumer was at the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the

last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her. ● METRO

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photo: Chris Parker

3 life

Heels



The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.

METRO



Research teams making progress collecting critical data on CCSVI: MS society



► A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

► Taking a short stroll may stop those impulses to reach for a treat



CELIA MILNE
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the Uni-

versity of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working

ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and al-

leviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

► **Cocoa** Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.



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OFFER EXPIRES FEBRUARY 28, 2012

Go get yourself organized

► Lack of time may be a First World problem, but it's a problem nonetheless ► Laura Vanderkam, author of *168 Hours: You Have More Time Than You Think*, tells you how to stick to what matters most and ignore the rest

1

Figuring out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam. "The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at your priorities. This is the toughest part.

2

Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something.' What this something is depends on key decisions you make.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities," suggests Vanderkam.

3

Take control over time



According to Vanderkam, the key to maximizing time is to control it.

"You don't have to do anything but eat and sleep in order to keep the body functioning."

If your excuse for not reading your kids a bedtime story is that you have no time then you're in denial.

"It's not that you don't have the time to read, it's just not your priority."

4

Never say, 'I don't have time'

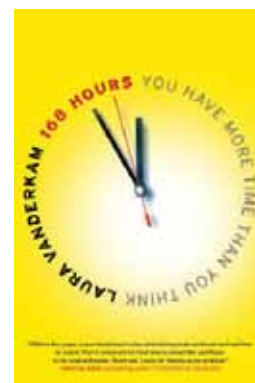
Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority.'

"In order to not have to own up to the fact we're choosing not to do certain things, we blame this nebulous other thing, 'time.' You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5

Writing up the perfect to-do list

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life. People think the two are separate but they're not," she said. "You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward."



The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time.

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The Truth About Vitamin C

When

I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. After all, since 1970, when Nobel-Prize winning chemist Linus Pauling wrote his popular book *Vitamin C and the Common Cold*, many people believed that this antioxidant cured colds.

Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of *Best Health* (the January/February issue is on newsstands now), and spoke to leading experts, she found that in fact Vita-

min C, or ascorbic acid, has many other benefits on top of that.

It's important for the immune system, aids in the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

But wait — there's more: Science is showing it could help prevent stroke, lower the risk of breast cancer (and maybe even treat cancer), improve mood, treat bacterial vaginosis (which affects

some 10 per cent of women and 30 per cent of pregnant women) and even improve skin and signs of aging when applied topically. For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about how you might benefit.

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THIS WEEK: Things My Financial Planner Did Not Teach Me About Retirement



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TUESDAY, JANUARY 31, 2012



► Nitrous oxide, also known as laughing gas, is taken as a recreational drug by some.

One celeb trend you should skip

► Coming on the heels of Demi Moore's alleged abuse of nitrous oxide, Metro looks at its damaging effects



**ROMINA
MCGUINNESS**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After the breakdown of her six-year marriage to Ashton Kutcher last November, who can blame Demi Moore for wanting to have a laugh?

But her mistake may have been choosing nitrous oxide to do it.

Last Monday, the actress was rushed to hospital following a seizure — believed to have been triggered by nitrous oxide, otherwise known as laughing gas — with sources suggesting Moore inhaled the gas via 'whippits' (whipped cream steal

canisters).

The call to emergency hotline 911, released Friday, seemed to confirm this, with Moore's friend telling the operate she "smoked something" that wasn't marijuana.

According to Harvard psychiatrist John Sharpe, nitrous oxide is a physiologically addictive drug that should not be treated as a light substance.

The body doesn't crave it but the mind may when dealing with too much stress.

"As it's not physically addictive — no withdrawal is experienced when you stop using it — people think it's not so bad. One puff gives you a light

buzz and after a few you will feel totally out of it, light headed, relaxed and giddy," he says. "If used over weeks or months it can lead to sensations of tingling, numbness and in more extreme cases, depersonalization, which is when you lose the ability to stay connected with yourself and neurological problems such as the deactivation of vitamin B."

The immediate danger is if inhale a lot of it you will get really deranged.

"You will be floating around in semi-consciousness and risk to pass out," Sharpe explains, which unfortunately could have been the case with Moore.

CONTEST

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Turkey with Avocado

THE CANADIAN PRESS H/O



Preparation:

1 In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temper-

ature, about 10 minutes. Strain cucumbers, reserving juice.

2 Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/
AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced

- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Mexican eats to warm winter

► Head over to Corazón de Maiz for a taste of soul food from the region

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONWS.CA



Its tagline is "Mexican food made from the heart," and this thread runs through Corazón de Maiz (which means "heart of corn").

The minute I stepped into this café, the owner warmly greeted me and explained the taco options.

I opted to try all three varieties: pork, beef and



► Three Tacos (\$7.50).

SHARI GOODMAN

► Corazón de Maiz

55 Byward Market
613-244-1661

Social lunch: Yes

Co-worker lunch: Yes

Price range: \$

Rating: 4 out of 5

chicken. After ordering, I grabbed a seat on one of the orange plastic chairs topped with a green pillow.

The tortilla soup was heartily delicious. It was filled with chunks of avocado and chicken, seasoned

with heat and topped with crispy tortilla strips and tangy grated cheese.

For the tacos, the filling was piled high onto blue corn tortillas. And though the chunks of chicken were a touch dry, the overflowing toppings of toma-

toes, diced onions, cilantro and refried beans helped to hide this one flaw.

The portions were generous and the prices were reasonable, making Mexican soul food from the heart the perfect way to warm a winter day.

Casual eats: easy steak sandwiches

► Enjoy alongside some homemade oven fries or salad

Preparation:

1 Rub steaks with olive oil; season with salt, pepper. Let stand 30 mins.

2 In heavy skillet, melt butter over medium-high heat. Add onions and thyme and cook 10 mins. or until onions are golden. Add red pepper, cook 1 min. Reduce heat to medium low, stirring occasionally, and cook 15 mins. or until peppers are very tender.

3 Heat ovenproof skillet over medium-high heat, add steaks and sear on both sides, about 2 mins. per side or until well



► This recipe serves six.

THE CANADIAN PRESS H/O

browned. Transfer to 180 C (350 F) oven and cook 5 mins. for medium-rare or until desired doneness. Let rest 10 mins. before thinly slicing. Alternatively, grill over medium-high heat, turning once,

until desired doneness.

4 Slice buns in half lengthwise. Divide steak over each bottom bun and top with onion mix. Sprinkle with crumbled cheese. Cover with bun tops. THE

CANADIAN PRESS/
HOMEGROWNONTARIO.CA/
RECIPE WAS ADAPTED FOR
METRO NEWS BY EMILY
RICHARDS, A PROFESSIONAL
HOME ECONOMIST,
COOKBOOK AUTHOR AND
CELEBRITY TV CHEF. FOR
MORE, VISIT EMILYRICHARDS-
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Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper

- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie

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The Awesome story of simple pleasures

► Blog nets 100K readers a day by making people happy

**ANNABELLE
BLAIS**
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METRO WORLD NEWS IN MONTREAL

How awesome is it to flip to a radio station just as a song you love is starting, to find money you didn't even know you lost, or to realize it's Friday when you thought it was Thursday?

Neil Pasricha knows something about it. In 2008 he began a special countdown. As he was going through a difficult time, he started a blog called 1,000 Awesome Things about simple pleasures in life.

Three years later, the countdown will come to an end this April.

The Canadian author has since published two bestseller books.

His third was released

two months ago.

Using his great sense of observation, he writes with humour and a hint of nostalgia.

Bet you can't read his blog without smiling.

How did you get the idea for your blog?

Well, let's be honest, it's getting pretty heavy out there. Pull open a newspaper and it's cruise ships tipping over, wars across the world, rising gas prices, and a jobless recovery.

The Books of Awesome are just an escape from the sad news and bad news pouring down everyday.

They're a place where global warming, terrorist threats, and U.S. election coverage sits backseat to warm underwear out of the dryer, the cool side of the pillow, and popping

Bubble Wrap.

How many visitors do you have every day and how many readers in total, so far?

The Book of Awesome has been a New York Times Bestseller, No. 1 international bestseller for 80 weeks, No. 1 bestselling non-fiction book in Canada for 2010 and 2011.

1,000 Awesome Things has won the Webby Award for Best Blog in the world for the past two years. It has over 40 million hits. Over 100,000 people read it each day through the blog, Twitter and Facebook.

Why do you think it became such a big success so fast?

I'm the most surprised! Honestly, when I first started 1,000 Awesome Things I was excited when my mom forwarded it to my



► Neil Pasricha, a.k.a. Mr. Awesome.

dad and the traffic doubled. Then I was excited when strangers started emailing me and friends and I would say to each other: "You know what's awesome? When there's still time left on the parking metre! When cashiers open up new lanes at the grocery store! When you get the milk-to-cereal ratio

just right!"

I've been extremely flattered by all the notes I get from folks around the world.

Cancer patients telling me awesome things remind them of how much joy life really holds. Children writing cute emails telling me they love neighbours with pools and pop-

ping Bubble Wrap too, and preachers telling me they read from The Book of Awesome in their churches.

I guess maybe these tiny little moments make a big difference in a lot of our rushed, jam-packed lives.

Maybe these small moments add up to a big deal at the end of the day.



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Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying \$15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this,

buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than \$1,000 — a fraction of what an average home seller would pay in commission.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, *Count on Yourself: Take Charge of Your Money*, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSAs to deal with on a monthly



▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for

example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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The ABCs of investing

► Choose the right savings vehicle today to prepare for a better tomorrow



Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the

difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of

broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older

can contribute up to \$5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.



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Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

Track your spending. If you don't have a budget,



► If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

Summon your willpower. If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you

save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. ● JANE DOUCET

A whole new ball game?

► Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before the stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where we were earlier



► The New York Giants arrive in Indianapolis on Monday.

in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

The loss still reverberates for former Patriots linebacker Roosevelt Colvin.

"To take it back years and years ... I don't think it has too much bearing on anything."

PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far before is immeasurably help-

16

Number of current Giants who played on their Super Bowl winning team in 2008. Only seven Patriots from that game are still with New England.

ful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that."

"For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.
THE ASSOCIATED PRESS

4

sports

Senators preview

Ottawa at Boston
7 p.m.
TV: SNET



The Senators (27-19-6) resume their season in Boston (31-14-2). The Bruins stumbled into the all-star break when Tuukka Rask allowed four goals on 22 shots in a 5-3 loss in Washington last Tuesday. Patrice Bergeron had two assists in that game and has 15 points in 12 games this month. Nathan Horton (mild concussion) is considered day-to-day. Zdeno Chara hasn't scored in 16 games.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	47	31	12	1	3	132	96	66	15-2-0-2	16-7-1-1	7-3-0-0	W2
d-Boston	47	31	14	1	1	171	102	64	16-7-1-1	15-7-0-0	5-4-1-0	L1
d-Washington	48	26	19	1	2	136	137	55	16-8-0-1	8-13-1-1	5-4-1-0	W1
Philadelphia	48	29	14	2	3	162	142	63	11-7-1-2	18-7-1-1	6-3-0-1	W1
Pittsburgh	49	28	17	2	2	152	127	60	14-7-2-0	14-10-0-2	7-3-0-0	W7
Ottawa	52	27	19	4	2	157	160	60	14-9-0-1	13-10-4-1	6-4-0-0	L3
New Jersey	48	26	19	1	2	129	136	55	12-9-0-2	14-10-1-0	4-4-1-1	L3
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-3-2-2	L1
Toronto	49	25	19	3	2	151	147	55	14-8-2-2	11-11-1-0	6-4-0-0	W2
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3
Montreal	49	19	21	2	7	130	134	47	9-9-2-4	10-12-0-2	6-2-0-2	W2
Tampa Bay	48	21	23	1	3	136	165	46	13-7-0-1	8-16-1-2	4-5-0-1	L4
NY Islanders	48	19	22	5	2	115	143	45	11-11-4-0	8-11-1-2	5-4-1-0	W2
Buffalo	49	20	24	3	2	119	149	45	11-9-3-2	9-15-0-0	2-7-1-0	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	50	33	16	1	0	160	117	67	20-2-1-0	13-14-0-0	8-2-0-0	L1
d-Vancouver	49	30	15	4	0	158	122	64	14-0-0-3	16-9-0-1	6-2-0-2	W2
d-San Jose	47	27	14	3	3	131	110	60	15-8-2-0	12-6-1-3	5-3-1-2	W1
St. Louis	49	29	13	1	6	124	102	65	21-3-1-3	8-10-0-3	7-1-1-1	L2
Nashville	50	30	16	3	1	140	127	64	16-7-2-1	14-9-1-0	9-1-0-0	W4
Chicago	50	29	15	3	3	162	144	64	19-6-1-3	10-9-2-0	5-3-2-0	L2
Los Angeles	50	24	16	4	6	111	111	58	14-11-0-4	10-5-4-2	5-2-1-2	W1
Minnesota	49	24	18	2	5	115	126	55	13-6-1-2	11-12-1-3	3-6-0-1	W2
Colorado	51	26	23	2	0	131	144	54	14-12-0-0	12-11-2-0	4-5-1-0	L2
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	50	23	21	3	3	120	137	52	13-7-1-1	10-14-2-2	5-4-0-1	L1
Phoenix	50	22	20	3	5	130	134	52	10-9-2-2	11-11-1-3	3-4-1-2	W1
Anaheim	48	18	23	3	4	124	144	41	13-12-1-0	5-11-2-4	8-1-1-0	L1
Edmonton	49	18	26	1	4	122	142	41	12-8-1-2	6-18-0-2	2-6-1-1	L1
Columbus	49	13	30	1	5	115	163	32	8-13-1-2	5-17-0-3	3-6-0-1	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's result

ALL-STAR GAME

At Ottawa

Team Chara 12 Team Alfredsson 9

Tonight's games

All Times Eastern

Ottawa at Boston, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Winnipeg at Philadelphia, 7 p.m.
Toronto at Pittsburgh, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Detroit at Calgary, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Colorado at Edmonton, 9:30 p.m.
Chicago at Vancouver, 10:30 p.m.
Columbus at San Jose, 10:30 p.m.
Tomorrow's games
N.Y. Rangers at Buffalo 7:30 p.m.
Pittsburgh at Toronto, 7:30 p.m.
Washington at Florida, 8 p.m.
Dallas at Anaheim, 10:30 p.m.
Columbus at Los Angeles, 10:30 p.m.

Thursday's games

Carolina at Boston, 7 p.m.
Montreal at New Jersey, 7 p.m.
Nashville at Philadelphia, 7 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Chicago at Edmonton, 9:30 p.m.
Detroit at Vancouver, 10 p.m.
Dallas at San Jose, 10:30 p.m.

CALENDAR

Feb. 27 — Trade deadline, 3 p.m.

March 12-14 — NHL general managers meeting, Boca Raton, Fla.

April 7 — Regular season ends.

April 11 — Stanley Cup playoffs begin.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Gioux, Pha	18	37	55
Ma,Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Lupul, Tor	32	20	52
H.Sedin, Vcr	11	41	52
Kessel, Tor	26	25	51
D.Sedin, Vcr	21	30	51
Toews, Chi	27	23	50
Spezza, Ott	20	30	50
Tavares, NYI	20	29	49
Neal, Pgh	27	20	47
Pominville, Buf	17	30	47
Karlsson, Ott	7	40	47
Elias, NJ	18	28	46
Eberle, Edm	18	27	45
Selanne, Ana	15	30	45
Hartnell, Pha	25	19	44
Eriksson, Dal	17	27	44
Kopitar, LA	15	29	44
Moulson, NYI	22	21	43
Seguin, Bos	19	24	43
Versteeg, Fla	19	24	43
P.Bergeron, Bos	15	28	43
St. Louis, TB	12	31	43
Parenteau, NYI	10	33	43
Ra.Whitey, Phx	15	27	42
Backstrom, Wash	13	29	42
Benn, Dal	13	29	42
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
P.Kane, Chi	11	30	41
Sharp, Chi	20	20	40
Kovalchuk, NJ	19	21	40
Lecavalier, TB	19	21	40
Parise, NJ	15	25	40

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia

Singles — First Round

Ivan Ljubicic (1), Croatia, def. Karol Beck, Slovakia, 7-6 (5), 3-6, 6-3.
Andreas Seppi (5), Italy, def. Daniel Brands, Germany, 6-4, 7-6 (1).
Robin Haase (7), Netherlands, def. Kristijan Mesaros, Croatia, 6-2, 6-3.
Lukas Lacko, Slovakia, def. Potito Starace, Italy, 7-6 (2), 6-7 (4), 6-3.
Matthias Bachinger, Germany, def. Izak Van der Merwe, South Africa, 6-3, 6-3.
Doubles — First Round
Marin Draganja and Franco Skugor, Croatia, def. Lukas Kubot, Poland, and Sergiy Stakhovsky (4), Ukraine, 6-4, 3-6, 10-5 (tiebreak).
Ivo Karlovic, Croatia, and Frank Moser, Germany, def. Alex Bogomolov Jr., Russia, and Travis Parrott, U.S., 2-6, 6-1, 11-9 (tiebreak).

ATP OPEN SUD DE FRANCE

At Montpellier, France

Singles — First Round

Florian Mayer (6), Germany, def. Gilles Muller, Luxembourg, 7-6 (3), 6-3.
Guillaume Rufin, France, def. Vasek Pospisil, Vancouver, 6-4, 7-6 (6).
Nikolay Davydenko, Russia, def. Stephane Robert, France, 6-2, 6-1.
Doubles — First Round
Kenny de Schepper and Fabrice Martin, France, def. Flavio Cipolla, Italy, and Mikhail Elgin, Russia, 6-4, 6-2.

NCAA BASKETBALL

Last night's result

No. 4 Missouri at Texas

Tonight's games

All Times Eastern

No. 1 Kentucky vs. Tennessee, 7 p.m.
No. 5 North Carolina at Wake Forest, 9 p.m.
No. 9 Michigan State at Illinois, 7 p.m.
No. 15 Marquette vs. Seton Hall, 8 p.m.
No. 16 Virginia vs. Clemson, 7 p.m.
No. 19 Wisconsin at Penn State, 8 p.m.
No. 15 Vanderbilt at Arkansas, 9 p.m.

AP MEN'S TOP 25 POLL

Through Jan. 29

	Record	Pts	Prv
1. Kentucky (63)	21-1	1,623	3
2. Syracuse (2)	22-1	1,550	3
3. Ohio St.	19-3	1,498	4
4. Missouri	19-2	1,363	2
5. North Carolina	18-3	1,331	7
6. Baylor	19-2	1,310	6
7. Duke	18-3	1,250	8
8. Kansas	17-4	1,178	5
9. Michigan St.	17-4	1,098	10
10. Murray St.	21-0	979	11
11. Nevada-Las Vegas	20-3	936	12
12. Florida	17-4	861	14
13. Creighton	20-2	803	15
14. Georgetown	16-4	762	9
15. Marquette	18-4	682	17
16. Virginia	17-3	578	19
17. San Diego St.	18-3	566	13
18. Saint Mary's (Cal)	21-2	472	21
19. Wisconsin	17-5	415	25
20. Indiana	17-5	395	16
21. Florida St.	14-6	375	23
22. Mississippi St.	17-5	329	18
23. Michigan	16-6	305	20
24. Gonzaga	17-3	141	—
25. Vanderbilt	16-5	102	—

Others receiving votes: Harvard 69, Louisville 65, Kansas St. 40, West Virginia 12, Wichita St. 9, Nevada 6, Notre Dame 6, Southern Miss. 5, Iowa St. 3, Long Beach St. 3, Iona 2, UConn 2, Illinois 1.

Ballots Online: <http://tinyurl.com/43u6jrl6>

SOCCER

AFRICAN CUP OF NATIONS

FIRST ROUND

x-advances to quarter-finals

GROUP A

	GP	W	D	L	GF	GA	Pts
x-Zambia	3	2	1	0	5	3	7
x-Equatorial Guinea	3	2	0	1	3	2	6
Libya	3	1	1	1	4	4	4
Senegal	3	0	0	3	3	6	0

Sunday's results

At Malabo, Equatorial Guinea

Zambia 1 Equatorial Guinea 0

At Bata, Equatorial Guinea

Libya 2 Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
x-Ivory Coast	3	3	0	0	5	2	9
x-Sudan	3	1	1	1	4	4	4
Angola	3	1	1	1	4	5	4
Burkina Faso	3	0	0	3	2	6	0

Yesterday's results

At Bata, Equatorial Guinea

Sudan 2 Burkina Faso 1

At Malabo, Equatorial Guinea

Ivory Coast 2 Angola 0

GROUP C

	GP	W	D	L	GF	GA	Pts
x-Gabon	2	2	0	0	5	2	6
x-Tunisia	2	2	0	0	4	2	6
Morocco	2	0	0	2	3	5	0
Niger	2	0	0	2	1	4	0

Today's games

All Times Eastern

At Franceville, Gabon

Gabon vs. Tunisia, 1 p.m.

At Libreville, Gabon

Niger vs. Morocco, 1 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	2	0	0	3	0	6
Ghana	2	1	0	1	6	2	3
Mali	2	1	0	1	1	2	3
Botswana	2	0	0	2	1	7	0

Tomorrow's games

At Libreville, Gabon

Botswana vs. Mali 1 p.m.

At Franceville, Gabon

Ghana vs. Guinea, 1 p.m.

QUARTER-FINALS

Saturday, Feb. 4

At Bata, Equatorial Guinea

Zambia vs. Sudan, 11 a.m.

At Malabo, Equatorial Guinea

Ivory Coast vs. Equatorial Guinea, 2 p.m.

SPAIN

LA LIGA

	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	20	13	6	1	59	12	45
Valencia	20	10	6	4	31	22	36
Levante	20	9	4	7	26	24	31
Espanyol	20	9	4	7	22	21	31
Athletic Madrid	20	8	5	7	31	27	29
Athletic Bilbao	20	7	8	5	30	25	29
Malaga	20	8	4	8	24	29	28
Getafe	20	7	6	7	22	26	27
Osasuna	20	6	9	5	22	32	27
Sevilla	20	6	8	6	21	22	26
Real Sociedad	20	6	6	8	22	28	24
Real Betis	20	7	2	11	23	29	23
Rayo Vallecano	20	6	4	10	23	31	22
Granada	20	6	4	10	14	27	22
Mallorca	20	5	7	8	17	25	22
Racing Santander	20	4	4	7	17	25	21
Villarreal	20	4	8	8	18	28	20
Sporting Gijon	20	5	3	12	19	38	18
Zaragoza	19	2	6	11	14	33	12

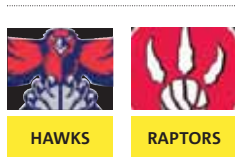
Spotlight shifts to DeRozan

► With Bargnani out, Raptors look to third-year player to provide scoring

DeMar DeRozan will look at the boxscore from his most impressive outing in weeks and the Raptors can only hope something clicks in his brain when he does.

In Sunday's 94-73 triumph over the New Jersey Nets, DeRozan did all the attacking with all the aggression his coaches have wanted all season and it turned into a career night for him.

The third-year swingman got to the free throw line 16 times — a single-game high for him — and it was the first game in weeks in which he was a dominant offensive force. "Getting to the free



► Time: 7 p.m.
TV: Sportsnet 1

throw line 16 times was huge for him," coach Dwane Casey said after the game. "That's what he has to continue to do, to attack, because he's too athletic and too quick not to get to the rim."

The Raptors sorely need DeRozan to continue to have that kind of impact since they are without leading scorer Andrea

Bargnani and his 23 points a game for the foreseeable future. And with bench sparkplug Leandro Barbosa nursing a sore ankle that kept him out of the Nets game, there's even more scoring responsibility heaped onto DeRozan.

"We need games like (the New Jersey win) to build our confidence, understand that Dre is out for a while, we got to understand how to play with each other, how to share the ball and how to use each other," said DeRozan, who had shot double-figure free throws in only two of Toronto's first 20 games.

"Once we get that down pat, we'll have lots of

games like we had (Sunday)."

DeRozan might also have benefited from playing a slightly different position Sunday. When Casey went to a smallish backcourt of Jose Calderon and Jerryd Bayless, it allowed DeRozan to operate against small forwards rather than shooting guards and his athleticism allowed him to be more comfortable attacking the rim.

"Running the floor, handling the ball coming off screens, he wasn't going to be denied coming off screens and, being physical and aggressive, going to the basket was big," said Casey. **TORSTAR NEWS SERVICE**



► DeMar DeRozan shoots against the Nets on Sunday.

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beige mattress.
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**Plasma Cool PC-14E Portable Air
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Size 1.535" X .542", Limit 1/day, 2/wk

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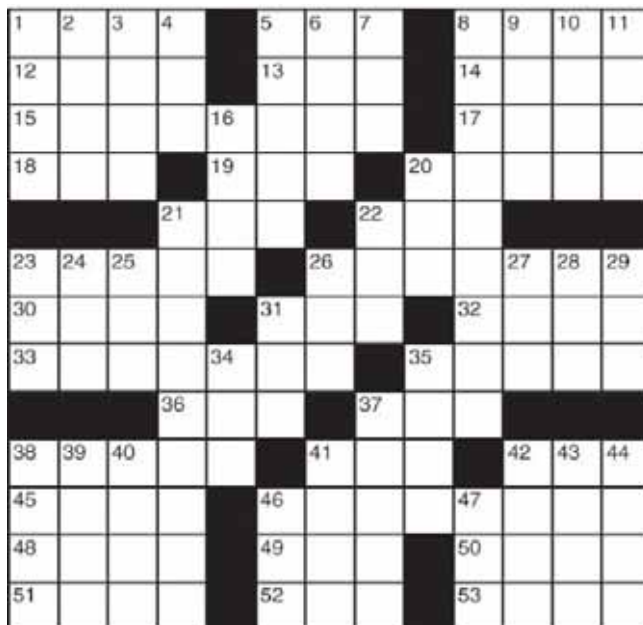
Crossword

Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home

Down

1 Village People hit
2 Count's counterpart
3 Malaria symptom



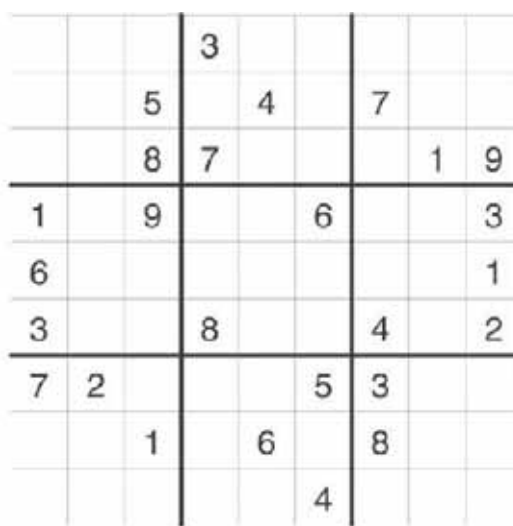
4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan

46 Toothpaste type
47 Qty.

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

5	7	2	6	4	3	1	9	8
8	4	3	1	9	7	2	6	5
1	9	6	2	8	5	3	4	7
9	5	1	7	6	2	8	3	4
3	2	8	5	1	4	9	7	6
4	6	7	8	3	9	5	2	1
7	3	9	4	5	8	6	1	2
2	1	5	9	7	6	4	8	3
6	8	4	3	2	1	7	5	9

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

My Prince

I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO

FROM YOUR DIRTY GIRL

tigress

i'd almost sleepwalked away from you, now i m turning around. my masks are off and its only you in my heart.

I want you

YOUR PASSIONATE, DRAGON PRINCESS

BK

A day without laughter is a day wasted. Let's never waste another day. I love you

FROM KC

MehnerKing

Happy 1 Year Anniversary, Babe! I love you. You're the best babe ever, and you take the best care of me! I love you every minute of every-day. You're the hottest. Thank you for all you do. I love you most! xo

FROM LIL PRINCESS BEAUTIFUL

Today's horoscope

♈ Aries March 21-April 20

Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21

If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21

Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22 Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug. 23

Life should be about people, not profits.

♍ Virgo Aug. 24-Sept. 22

If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23

You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22

You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20

You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18

Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

♓ Pisces Feb. 19-March 20

Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

© SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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Sherton on the Falls

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Conditions apply. Ex. Ottawa. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=googo vacations, ws=westjet. Head office address: 1 Dundas St W Suite 200, Toronto, ON, Call for retail locations. QNTF REC #4671384

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excite

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February 10-12, 2012

Ottawa Convention Centre | 55 Colonel By Drive

fri: 5-midnight | sat: 12-midnight | sun: 12-5pm

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sexapalooza.ca

GUEST APPEARANCE BY



JESSE KOVACS

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& BACHELOR PAD**
SATURDAY AT THE SHOW

PRIVATE MEET & GREET FRI 7-9pm
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partners



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Silver Maple	\$31.68/coin
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Stamped Sterling Silver	\$0.61/gram
Stamped .800 Silver	\$0.52/gram
Silver items not 925 or 800 (per gram of silver)	\$0.66/gram

Canadian Silver Currency

Coins from 1966 or earlier	14.9 Times Face Value
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American Silver Coins

Coins from 1964 or earlier	15.8 Times Face Value
----------------------------	-----------------------

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Platinum Jewellery (stamped 950)	\$30.71/gram
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